



# TRAINING LOG RONA MS BIKE TOUR



DATE: \_\_\_\_\_

\_\_\_\_\_ DAYS/WEEKS TILL EVENT WEEKEND

TIME LOGGED: \_\_\_\_\_

DISTANCE TRAVELED: \_\_\_\_\_

INTENSITY: 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

ROUTE DESCRIPTION: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**TOTAL CUMULATIVE DISTANCE LOGGED:** \_\_\_\_\_